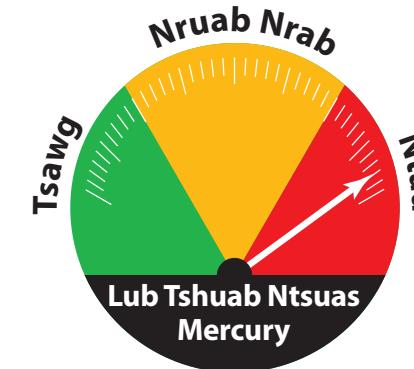
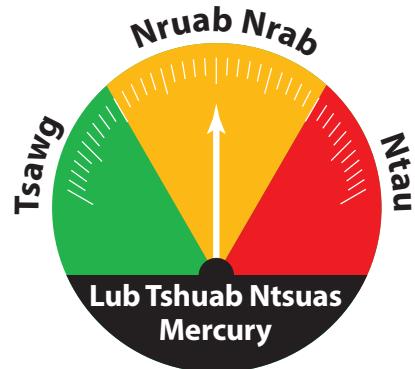
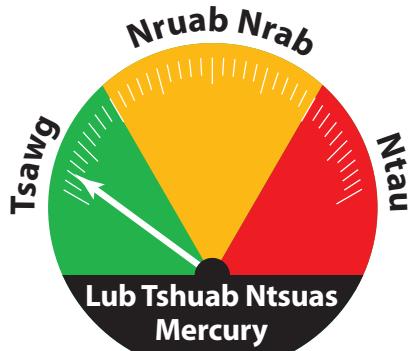


Kev qhia noj cov ntses txhom los tom cov dej Sab Nruab Nrab Teb thiab Sab Qab Teb

Cov lus qhia no yog siv rau cov dej nyob Sab Qab Teb ntawm Txoj Kev Loj 12
(zam rau Tus Dej Sacramento thiab Tus Dej San Joaquin sab qab teb Stockton)

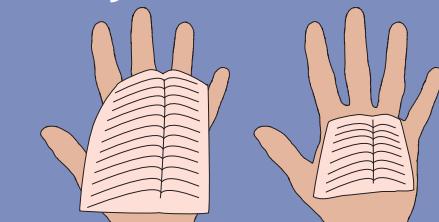
Cov pojniam muaj hnub nyoog 18 - 45 thiab cov menyuam yaus hnub nyoog 1 - 17



Cov txivneej muaj hnub nyoog 17 thiab cov pojniam muaj hnub nyoog tshaj 45 yuav tsis muaj mob yog noj nqaij ntses ntaw

- 7 zaus hauv ib lub asthiv **LOSSIS**
5 zaug hauv ib lub asthiv ntawm cov ntses dej tsuag lossis ntses tuaj kub **LOSSIS**
- 2 zaug hauv ib lub asthiv **LOSSIS**
- 2 zaug hauv ib lub asthiv ntawm cov ntses txaij tav **LOSSIS**
1 zaug hauv ib lub asthiv ntawm cov ntses dawb hav zoov hav tsuag
Tsis txhob noj hom ntses lossis tej tsiaj muaj plhaub tuaj tom Lub Pas Dej Stockton.

Yuav noj licas?



Rau Cov Neeg Laus Rau Cov Menyuam Yaus

Qhov loj thiab tuaj ntawm cov nqaij ntses uas koj yuav noj yog luaj li koj txhais tes. Muab rau cov menyuam yaus noj kom tsawg dua ntawd.

Vim licas thiaj noj ntses?

Noj ntses zoo rau koj li kev noj qab haus huv. Ntses muaj cov Omega-3s uas pab txo kom txhob muaj mob plawv thiab pab ua txhawb kev loj hlob ntawm cov hlwb ntawm cov menyuam yaus thiab cov menyuam mos tseem nyob hauv plab.

Kev txhawj xeeb yog dabtsi?

Qee hom ntses muaj cov tshuaj kua hlau (mercury) thiab PCBs ntaw. Mercury tuaj yeem cuam tshuam rau cov hlwb tshwj xeeb mas cov menyuam yaus thiab cov menyuam mos tseem nyob hauv plab. PCBs tuaj yeem ua rau muaj mob khees xaws.

♥ = Muaj cov Omega-3s Ntau

* Qhov raug cai yog tsuas saib xyuas hom ntses hatchery steelhead thiab tsuas xaiv hom dej, saib hauv www.wildlife.ca.gov/Regulations

2 zaug hauv ib lub asthiv
LOSSIS

7 zaus hauv ib lub asthiv
ntawm cov qwj

LOSSIS

noj 1 zaug hauv ib lub asthiv

Tsis txhob noj THIAB

Tsis txhob noj hom ntses lossis tej tsiaj muaj plhaub tuaj tom Lub Pas Dej Stockton.